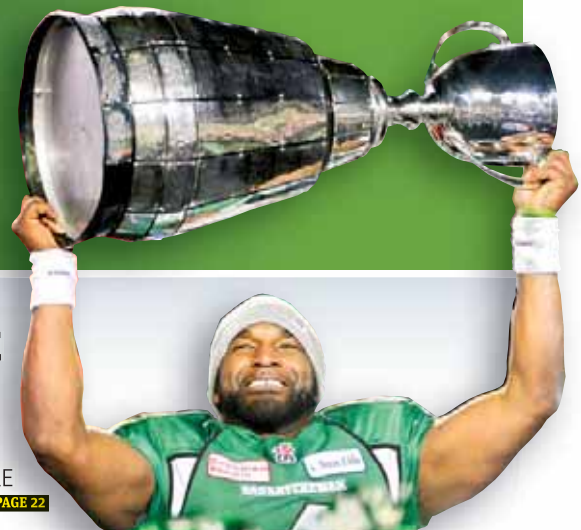


HALIFAX metro

NEWS
WORTH
SHARING.

DROWNING IN DEBT?



Reach Out.

wbli > INSOLVENCY
CONSULTANTS
902 482 2000 • www.wbli-bankruptcy.ca

Temp means temporary, you know

In which Shannon binges on Popsicles after getting fired

PAGE 14

Canada not buying Iran's nuclear freeze

Ottawa says sanctions will remain, Iran has not earned benefit of the doubt

PAGE 10

RIDERS RULE THE ROOST

GREEN AND WHITE CLAIM GREY CUP BEFORE HOME CROWD

PAGE 22



FOR THE YOUNG AND YOUNG AT HEART

Father Christmas leads a parade with the kids at the Halifax Citadel as part of this year's Victorian Christmas event on Sunday. The annual two-day event is a fundraiser for Feed Nova Scotia. JEFF HARPER/METRO

Interim only for MacDonald

Leadership. MLA for Halifax Needham says NDP has big hill to climb

Successor

NDP officials have yet to announce when a permanent leader will be elected.

- "It's (still) very early," said MacDonald. "I'm confident that when that happens, there won't be any shortage of good candidates."

The NDP's new interim leader says now is the time to do some party building.

"There's a lot of work to be done to regain the public's trust," said veteran MLA and former cabinet minister Maureen MacDonald.

MacDonald, a former social worker who represents the riding of Halifax Needham, took over as party leader on Saturday after former premier Darrell Dexter stepped down in mid-November.

She said in an interview on Sunday she has no intention of running to become the permanent leader, but she is looking forward to occupying the position she now finds herself in.

"I'm very humbled by the trust that has been put in me."

MacDonald was one of only seven NDP politicians to be elected during October's provincial election.

"We have an opportunity to do the heavy lifting, I think,

to move us forward," said MacDonald, adding that it will take a lot of hard work.

"As someone who has a fair amount of experience, I understand what the expectations are and what the job is and I'll be working hard to fulfil (those)."

Since first being elected to Nova Scotia's legislative assembly in 1998, MacDonald has overseen a variety of portfolios.

She headed the ministries of Health and Wellness, Gaelic Affairs and African Nova Scotia Affairs, and she became the province's first female minister of finance.

GEORDON OMAND/FOR METRO

LASIK NOW, PAY IN 2015.

Begin a new journey without the hassles of glasses and contacts.

LASIK MD
VISION

Starting at \$490 per eye*

Book a free consultation at 1-866-999-0435 or lasikmd.com

0 Interest
Payments
Down
Until 2015*



*Subject to Desjardins Card Services credit approval. To be eligible, patients must complete the LASIK procedure on or before December 31, 2014. Prices are subject to change without prior notice and vary based on prescription strength. Application on a procedure for both eyes only. Other conditions may apply.

DART INTO CHRISTMAS!

FREE

SET OF WINTER

TIRES

WITH PURCHASE

INTEREST RATES
AS LOW AS

4.99%^{OAC}

DO NOT

PAY UNTIL

FEB 2014

\$500

CHRISTMAS

BONUS



**THE
BE YOUR OWN SANTA
EVENT**

*The
Be s'Elfish
Sales Event*



PAYMENTS AS LOW AS \$64/WEEK

61 ATHORPE DRIVE · DARTMOUTH, NS



DARTMOUTH
CHRYSLER JEEP DODGE RAM

**CALL US TOLL FREE
1.800.414.0213
OR VISIT US ONLINE AT
DDODGE.COM**

**CALL US TOLL FREE
1.800.414.0213
OR VISIT US ONLINE AT
DDODGE.COM**

Photos are for illustrative purposes only. Vehicles may not be exactly as shown. Payments include taxes and fees. OAC. See Dealer for Details

Spryfield Santa Parade truly out of this world

Christmas cheer. 40th anniversary of festive event draws colourful cast of characters — from the North Pole to a galaxy far, far away

GEORDON
OMAND

saskatoon@metronews.ca

The crowds were out in full force on Sunday afternoon, braving the below-zero weather to take in Spryfield's annual Santa Claus Parade.

Despite the chill, spirits seemed high as more than 60 floats made their way down Herring Cove Road, between Punch Bowl Drive and Drysdale Road.

"It's fantastic to see people get together, especially here," said Spryfield resident and longtime parade organizer Jane MacDonald, who has been involved in putting on the event for the past 12 years.

Her favourite part? The kids.

"Half the time they're so excited they don't know what to do with themselves," she said. "It just puts a big smile on everybody's face."

This year marked the parade's 40th anniversary, making it the longest-running Santa Claus Parade east of Montreal.

Spectators cheered and laughed as they watched passing Boy Scouts and baton twirlers, but not all partici-



A festive Stormtrooper was part of Hal-Con's entry in the annual Spryfield Christmas Parade on Sunday. JEFF HARPER/METRO

Holiday spirit

"It's really just a fun time. It really brings the community together."

HRM Coun. Linda Mosher

pating floats fit the traditional Christmas theme. Members of the local sci-fi/fantasy group Hal-Con walked the parade in costume, sharing what spokeswoman Leanne Milo described as "our own brand of Christmas."

A Duck Dynasty-themed

Camo Christmas ensemble walking leashed goats was also present to entertain the crowds, and Dave Clement — a captain with HRM Fire — drove an antique 1939 fire engine, dubbed Queen. Parade spectators Mark and Trish Steward were on-hand to share the experience for the first time with their daughters, Madelyn, 6, and Rosalyn, 3.

"I used to come as a kid and then we moved away (from Halifax)," said Trish. "We just moved back so now we're bringing our kids."



A motorcycle rider sporting a holiday look. JEFF HARPER/METRO

1 NEWS

CENTRE FOR HEALTH STUDIES

TURN YOUR PASSION INTO AN EXCITING NEW CAREER!

With hands-on training, instruction from industry professionals and small class sizes, prepare for a rewarding career in just 9 months! Programs include:

CONTINUING CARE ASSISTANT (CCA) & VETERINARY HOSPITAL ASSISTANT (VHA)

CALL 902.429.7373 or VISIT techealthstudies.net
for more information or to book an appointment with a Program Advisor

PROGRAM STARTS:
CCA: January & April 2014
VHA: April 2014
Limited scholarships available.

1577 Barrington Street, Halifax, NS B3J 1Z7

Afghanistan better off because of Canadian military, minister says

Gearing down. Rob Nicholson on-hand as security conference in Halifax wraps up

Defence Minister Rob Nicholson says Canada has made a difference in Afghanistan, even as Ottawa prepares to withdraw its military forces from the war-torn country in March.

Nicholson said Afghanistan is better off for Canada's commitment, but he reiterated the military component will end next year.

"We have been very clear and we have been clear to all of our allies that we are removing our troops," said Nicholson.

But he said Ottawa has also committed to providing the Afghan military with just over \$300 million worth of support over three years after its current training mission ends.

"There are a number of countries that are looking at what's taking place in Afghanistan ... and we can be very

proud of our efforts," Nicholson said.

He made the comments at a news conference wrapping up a three-day international security conference in Halifax.

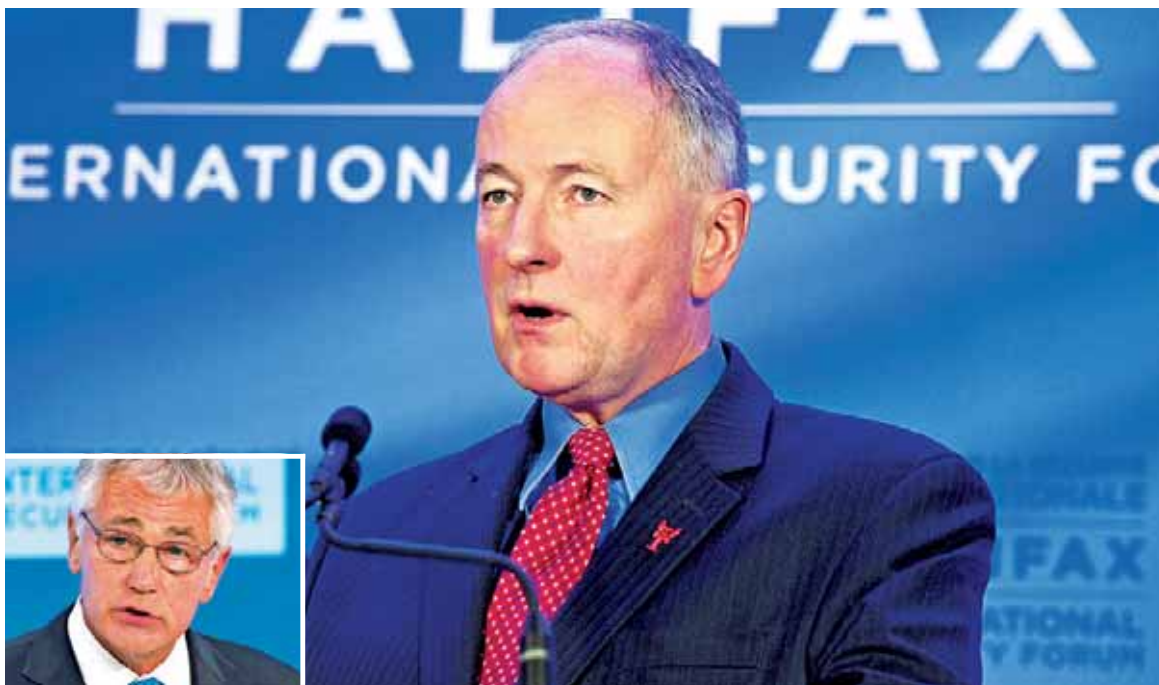
The U.S., meanwhile, wants Afghan president Hamid Karzai to sign a security deal before the end of this year that would extend the American combat commitment past 2014.

But Karzai says he won't sign the deal until next April's elections, putting in doubt whether the U.S. will keep troops in the country.

During the Halifax conference, U.S. Secretary of Defence Chuck Hagel said he needed the deal signed and ratified by the Afghan parliament before recommending to President Barack Obama that U.S. soldiers continue to risk their lives there. The security pact would keep about 8,000 U.S. troops in Afghanistan until 2024.

The force would primarily train and mentor government security forces battling the Taliban insurgency.

THE CANADIAN PRESS



Canadian Defence Minister Rob Nicholson fields questions at a news conference at the Halifax International Security Forum on Friday. Inset: U.S. Secretary of Defence Chuck Hagel in Halifax. THE CANADIAN PRESS

Province to hire 5 safety inspectors

The province is hiring five new safety inspectors and has launched a new commercial promoting workplace safety.

Labour Minister Kelly Regan made the announcement alongside Workers' Compensation Board CEO Stuart MacLean on Friday.

"This campaign reminds us of the real reason we need to be safe at work," Regan said in a statement. "The most import-

Workplace deaths

28

Number of workplace deaths in the province so far this year

ant reason for making your workplace safe is not at work at all — it's at home. For real change to happen, we all need

to think about safety all the time."

Nova Scotia's workplace-safety strategy calls for the province and the Workers' Compensation Board to "raise awareness of safe workplaces through marketing," said the release.

The Labour Department said five more safety inspectors will soon be hired to ensure officers are getting to more "high-

risk workplaces," improving documentation and following up on compliance orders.

The commercial will air on "prime-time television and radio" around the province.

There have been 28 workplace fatalities in Nova Scotia this year, the latest occurring earlier this month when a man in his 20s died after falling from the roof of a worksite in Clayton Park. METRO

SIRT. Man, 23, killed after car crashes into woods

The province's Serious Incident Response Team is investigating a fatal crash on a Nova Scotia road, one the RCMP says happened after a car wouldn't pull over for an officer flashing his lights.

Just after 5 p.m. Friday, police say they tried stopping a car they allege was speeding on Cornwall Road in Blockhouse, Lunenburg

Co. The RCMP say the car was later found crashed into the woods. The driver, a 23-year-old from Clearland, died at the scene. He was the only person in the car.

The RCMP has referred the crash to SIRT, an independent body that investigates major incidents involving police.

The victim's name hasn't been released. METRO



902 462 7526
www.bungayhomes.ca

RENOVATIONS PLUS

Kitchens, Windows, Bathrooms, Additions,
Roofing, Siding, Insulation

• CERTIFIED & INSURED • COMPETITIVE LABOUR RATES

• FREE ESTIMATES

** Ask about our financing options

porter
flying refined

This winter, don't hibernate – make a Porter travel date!

The leaves have flown off the trees so this is your cue to fly off on Porter – with our incredible sale. Book by Friday, November 29.



ALL-IN PRICES

Flights from Halifax. Book by November 29, 2013. Travel by April 11, 2014. Up to 21-day advance purchase may be required.

One-way fares include all taxes, surcharges and mandatory fees. Additional charges may apply for checked baggage and other optional services.*

Fares starting from:

MONTREAL 3 x daily \$160	OTTAWA 5 x daily \$160	TORONTO 6 x daily \$189	ST. JOHN'S 3 x daily \$126	SAULT STE. MARIE \$265	SUDBURY \$259	TIMMINS \$259	THUNDER BAY \$265	WINDSOR \$259
CHICAGO \$268	WASHINGTON Dulles \$268	Book online or contact your travel agent.			flyporter.com			

porter
Escapes

Vacation packages from Halifax. Vacation travel dates vary by package. Limited availability. Package prices are per person, based on double occupancy and include round-trip airfare, all taxes, surcharges and mandatory fees.

For full listings and availability, please visit our website.**

★★★
\$406

OTTAWA

Lord Elgin
Standard Room
Dept. January 8, 9, 10
Nights: 2

★★★★
\$480

MONTREAL

SpringHill Suites
Suite
Dept. December 1, 8, 22
Nights: 2

Includes breakfast daily.

★★★★
\$493

TORONTO

Sheraton Centre
Traditional Room
Dept. December 17, 18, 20, 21
Nights: 2

★★★★
\$582

BOSTON

Boston Park Plaza
Standard Room
Dept. December 22, 23, 24
Nights: 2

Book packages online, contact your travel agent or call Porter Escapes at 1-855-372-1100. TTY – Dial “711”.

porterescapes.com

* Book by 11:59 pm Eastern Time November 29, 2013. Travel by April 11, 2014. Up to 21 day advance purchase may be required. Advertised fares may not be available throughout the entire travel period. Advertised fares are subject to availability and may not be available through the entire travel period. Full fare breakdown available for all itineraries on flyporter.com. Fares quoted are one-way outbound in Firm Class. Inbound fares may differ. New bookings only. Fares include all applicable government-imposed taxes and mandatory fees, which may amount to as much as \$150 one-way per passenger, depending on routing. Foreign taxes will fluctuate based on the prevailing exchange rate. Fees for optional services, such as itinerary changes, additional baggage, advance seat selection, or certain special service requests, may increase overall cost. Fares are non-refundable but itineraries may be changed for a fee of up to \$200 per person per direction, plus any fare differential. Other significant conditions (including a \$25 first-checked bag and \$35 second-checked bag fee to and from the U.S., a \$20 second-checked bag fee for flights in Canada, and charges for overweight and/or excess baggage) may change without notice and are not guaranteed until ticketed. Visit flyporter.com for more information. In case of any discrepancy between advertised fares and the fares shown on the website at the time of booking, the latter shall prevail.

** All-in prices shown are per person in Canadian dollars, based on double occupancy in noted room category. Flights are round-trip via Porter Airlines. Packages include return airfare, all taxes, surcharges and mandatory fees. Airfare discount is already included in the advertised package price. Prices will vary for alternate flight times on advertised dates. Prices are for select departure dates and are accurate and subject to availability at advertising deadline, errors and omissions excepted, and subject to change. Transfers to and from airport to hotel are not included unless specified otherwise. New bookings only. Packages are subject to availability at time of booking and are subject to change without notice. Not valid on group bookings. For full terms and conditions refer to www.porterescapes.com. Ontario registration Number 84153 4506. Porter Escapes Inc is a TICO licensed company. TICO # 50019770. Billy Bishop Toronto City Airport, Toronto, ON, Canada M5V 1A1.

tico.ca
Travel Industry Council of Ontario

Dartmouth. Father, son injured in home invasion

A 20-year-old man is facing charges after a father and son were assaulted in a break-and-enter in Dartmouth over the weekend.

Halifax Regional Police say someone broke into a residence on Mountain Road just before 1 a.m. Sunday and began to assault a 23-year-old man. The victim's father, a 55-year-old, came to his son's aid and was also assaulted.

The assailant eventually left. When police arrived, the father and son were taken

Motive

The victims and the accused are known to one another, police say.

to hospital for treatment of minor injuries.

At about 4 a.m., the 20-year-old man was arrested and charged with two counts of assault causing bodily harm and a single count of break-and-enter. **METRO**

Non-life-threatening injuries. Eleven-year-old shot in hunting accident

An 11-year-old Martock boy was transported by LifeFlight to hospital in Halifax on Saturday after he was accidentally shot.

Windsor RCMP say they are investigating an accidental discharge of a firearm after responding to a 7:15 a.m. call.

A 65-year-old Windsor man and the boy were out hunting when the accidental discharge occurred.

Police say the 11-year-old

Unknown

Police aren't releasing the names of the man or boy.

sustained non-life-threatening injuries. It's believed the boy was shot in the leg.

Charges of careless use of a firearm are pending against the man.

THE CANADIAN PRESS

Armed robbery

Man robbed as he waits to be buzzed up to apartment

Police are looking for two suspects after a man was threatened and robbed at an apartment in Halifax.

The victim went to an apartment on Abbey Road around 1 a.m. Sunday to

meet someone he knew. As he waited to be buzzed up, two men came down.

They each threatened him with weapons as they took his cell phone and cash, police say. One of the weapons was a sensory irritant and the other is believed to be a handgun.

Both men went back inside the building, while the victim left and contacted police. **METRO**



An early morning fire destroyed this LaPlanche Street home in Amherst on Saturday. **AMHERST DAILY NEWS**

'A damn sin' to watch home go up in flame

Amherst. Man tries to stay positive about loss of home and business

When in need

"I've got friends and family helping me out."

Ryan Beattie, who was displaced by the fire

One man has been displaced after an early Saturday morning fire destroyed a LaPlanche Street home in Amherst.

The Amherst Fire Department responded just before 3 a.m. According to a source, police discovered the fire, alerted the fire department and woke up the neighbours before it spread.

It's believed the blaze

started in a vacant structure and spread to the older two-storey home.

"It's a sad thing for all of the people affected by it," stated Ryan Beattie, who lived upstairs and operated a business on the ground floor.

"All of the hard work that people put into fixing (the building) up. It's a damn sin."

For the past year, Beattie ran Hairstyles by Ryan out of

44 LaPlance St. He has been in business for about five years now and says his clients will also be affected by the fire.

"This fire affects a lot of other people besides the five or six people directly affected," stated Beattie. "I have a number of clients who won't be able to have their hair cut by me."

Beattie was not injured and is staying with relatives

for now while waiting for insurers to inspect the damage. Canadian Red Cross disaster volunteers were on scene and offered assistance.

"So far, other than some water damage, a lot of structural damage and the smell, it does not look like there was a lot of damage to my things," stated Beattie.

"The Amherst Fire Department did a great job. I'm glad everyone is safe.... Hopefully, they will be able to get some help."

The cause of the fire is under investigation.

AMHERST DAILY NEWS



Pin it to Win!

- 1 Follow Park Lane Mall on Pinterest
- 2 Send us a Pin of your favourite Park Lane Mall items or like, repin or comment on our **Park Lane Holiday 2013** board.
- 3 The more likes, repins, and comments the better your odds!

*Maximum 3 entries per person, per week. Visit our website for full contest details.

Weekly draws for
\$100 Park Lane Gift Certificate
Grand prize Park Lane Mall
\$1,000 Shopping Spree

PARK LANE
SHOPPARKLANE.CA

MONDAY, NOVEMBER 25 TO WEDNESDAY, NOVEMBER 27

Get

18,500

SHOPPERS OPTIMUM
BONUS POINTS®

WHEN YOU SPEND \$75 OR
MORE¹ ON ALMOST ANYTHING
IN THE STORE.

THAT'S A

\$25

SAVINGS
VALUE!

FREE

feels good™

PLUS RED HOT SAVINGS Saturday, November 23 to Friday, November 29

 \$75 each	 19⁹⁹ each	 8⁹⁹ each	 3⁹⁹ each	 30% off**	 4/\$4	 59¢ each
FRAGRANCE SAMPLER & CERTIFICATE FOR HIM or HER	VIVIENNE WESTWOOD NAUGHTY ALICE EAU DE PARFUM (50mL), CLOSER BY HALLE BERRY or CELINE DION PARFUMS GIFT SET Selected Types While quantities last. No rainchecks	AVEENO, L'ORÉAL, NEUTROGENA CLEANSING CLOTHS or FACIAL CLEANSERS Selected Types & Sizes	AXE SHAMPOO (355mL) or TRESÉMMÉ HAIR CARE PRODUCTS Selected Types & Sizes While quantities last. No rainchecks	L'ORÉAL TELESCOPIC EYE, COLOUR RICHE LIP or TRUE MATCH MAKEUP PRODUCTS Selected Types	COCA-COLA or PEPSI BEVERAGES 2L Selected Flavours or 1.99 each. Limit 4 + Deposit & Enviro Levy where applicable	LIFE BRAND PAPER TOWELS (2 Roll), 2 PLY (136") or 3 PLY (90") FACIAL TISSUE Limit 4. After limit 89¢
 25% off**	 6⁹⁹ each	 6⁹⁹ each	 3⁹⁹ each	 2⁹⁹ each	 1⁹⁹ each	 1⁹⁹ each
LIFE BRAND ASA DAILY LOW DOSE TABLETS (30's - 180's) or IBUPROFEN PAIN RELIEF PRODUCTS Selected Types & Sizes	LIFE BRAND SPECTRUM VITAMIN CAPLETS (80's - 130's), COMPLETE MEAL REPLACEMENT (6 x 235mL) or ON THE GO NUTRITIONAL (6 x 237mL) SHAKE Selected Types	BENLYN COUGH SYRUP (100mL), TYLENOL COUGH & COLD CAPLETS or EZ TABS (20's) Selected Types	LIFE BRAND SHAMPOO (420mL) or DOVE HAIR CARE PRODUCTS Selected Types & Sizes While quantities last. No rainchecks	LIFE BRAND MOUTHWASH (1L), COLGATE OPTIC WHITE TOOTHPASTE (85mL - 140mL) or MANUAL TOOTHBRUSH (1's) Selected Types	LAY'S CHIPS 180g Selected Types Limit 4. After limit 2.99	SIMPLY FOOD GOOD FOR LIFE GRANOLA BARS (5's) or PEEK FREANS COOKIES Selected Types & Sizes

**THURSDAY, NOVEMBER 28TH IS
SENIORS' DAY**

SAVE **20%**

BONUS
OFFER

RECEIVE A **\$10**

SHOPPERS DRUG MART
BONUS CARD
ON A PURCHASE OF \$50 OR MORE.**

While quantities last. We reserve the right to limit quantities. *Our Regular Price. **Offer valid on the purchase total of eligible products using a valid Shoppers Optimum Card® after discounts and redemptions and before taxes from Monday, November 25 to Wednesday, November 27, 2013 only. Maximum 18,500 points per offer regardless of total dollar value of transaction. Excludes prescription purchases, products that contain codeine, non-pointable items, tobacco products (where applicable), lottery tickets, stamps, transit tickets and passes, event tickets, gift cards, prepaid card products and Shoppers Home Healthcare® locations. Offer applies to photofinishing services that are picked up and paid for on the days of the offer only. Not to be used in conjunction with any other points promotions or offers. See cashier for details. Shoppers Optimum Points® and Shoppers Optimum Bonus Points® have no cash value but are redeemable under the Shoppers Optimum and Shoppers Optimum Plus programs for discounts on purchases at Shoppers Drug Mart. The savings value of the points set out in this offer is calculated based on the Shoppers Optimum Program® rewards schedule in effect at time of this offer and is strictly for use of this limited time promotion. The savings value obtained by redeeming Shoppers Optimum Points will vary depending on the Shoppers Optimum Program reward schedule at time of redemption and other factors, details of which may be found at shoppersdrugmart.ca. © 911979 Alberta Ltd. ***Discounts apply to our regular prices on all merchandise purchased by seniors and their accompanying family members with a valid Shoppers Optimum Card®. Discounts exclude sale items, prestige cosmetics, prestige fragrances, prescription purchases, products with codeine, insulin, non-pointable items, tobacco products (where applicable), newspapers, stamps, passport photos, lottery tickets, event tickets, transit tickets and passes, electronic gift cards, prepaid phone cards, milk where discount is prohibited by law and any other items where regulations apply. Offer applies to photofinishing services that are picked up and paid for on the advertised date of the promotion. Discounts may not exceed \$50. See cashier for details. © 911979 Alberta Ltd. **Offer valid on the purchase total of eligible products of \$50 or more after discounts and redemptions and before taxes. Excludes prescription purchases, products with codeine, insulin, non-pointable items, tobacco products (where applicable), prestige cosmetics, prestige fragrances, stamps, passport photos, lottery tickets, event tickets, transit tickets and passes, electronic gift cards, prepaid phone cards, milk where discount is prohibited by law and Shoppers Home Health Care locations. One \$10 Bonus Card per transaction per customer. See reverse of the \$10 Bonus Card for expiry date (Dec. 19, 2013) and usage terms. Not to be used in conjunction with any other Shoppers Drug Mart promotions or offers. While quantities last. See cashier for details. © 911979 Alberta Ltd.

**SHOPPERS
DRUG MART**



First Nations exposed to toxins in Ontario's 'chemical valley'

Pollution hot spot. 40 per cent of Canada's chemical industry is clustered at the southernmost tip of Lake Huron between Ontario and Michigan

A new study is drawing attention to the health problems being faced by a First Nations community living near one of

Canada's most industrialized areas.

Members of the Aamjiwnaang First Nation living on a reserve near Sarnia, Ont., have long suspected harmful chemicals were behind an unusually low male birth rate and slew of other reported health issues.

Now, tests performed by a McGill University professor suggest mothers and children are being exposed to higher-than-average levels of harmful hormone-blocking pollutants.

While the study doesn't prove that the pollutants are to blame for earlier research that found baby girls outnumbered boys by a two-to-one ratio in the community, it does suggest a possible link.

The reserve at the centre of the study is located near a patch of southern Ontario that some environmental activists call "chemical valley."

There are 60 industrial facilities found within a 25 kilometre radius of Aamjiwnaang lands.

Health problems

A 2006 community survey by Aamjiwnaang's environment committee cited a number of health issues, including miscarriages, chronic headaches and asthma.

- Forty per cent of band members surveyed required an inhaler.

"It's the first study to really show that mothers and children in the area are exposed to a number of pollutants," said Niladri Basu, a McGill professor and the study's lead author.

More detailed research is needed to establish a connection between pollutants, health risks and the surrounding environment, Basu said.

Residents of Aamjiwnaang have been calling for such a study for years, though a lack of funding continues to impede more detailed research.

Ada Lockridge, who helped found Aamjiwnaang's environmental committee, said pollution is a fact of life for the reserve's roughly 800 residents.

Like others in the community, Lockridge keeps a special plastic bucket — as part of a group known as the "bucket brigade" — to collect environmental samples that can be tested for toxins whenever the air seems especially poor. The results are sent to a U.S.-based monitoring organization.

THE CANADIAN PRESS

Old bones

Vatican displays remains said to belong to St. Peter

The Vatican publicly unveiled a handful of bone fragments on Sunday purportedly belonging to St. Peter, reviving the scientific debate and tantalizing mystery over whether the relics found in a shoe box truly belong to the first pope.

The nine pieces of bone sat nestled like rings in a jewel box inside a bronze display case on the side of the altar during a mass commemorating the end of the Vatican's year-long celebration of the Christian faith. It was the first time they had ever been exhibited in public.

THE ASSOCIATED PRESS

Canadian soldiers

Shaky morale among troop trainers: Army

Coming down from the institutional high of fighting a war is something the Canadian Army has grappled with almost from the outset of its mission to train Afghan forces, newly released documents show.

A survey conducted by the army found morale was shaky among the first set of Canadian troops who deployed to train the Afghan National Army following the end of Canada's five-year combat mission in Kandahar.

THE CANADIAN PRESS



London dishoveled by first big snowfall

Evelyn McLean, a third-year MIT student at London, Ont.'s Western University, clears the sidewalk in front of her house. Ontario got its first real blast of winter on the weekend, with London seeing 30 centimetres of snow, forcing the city to shut down its community centres and pools. MARK SPOWART/FOR METRO IN LONDON, ONT.

Catch-22. Legal pot in U.S. could spell trouble for Canadian travellers

Todd Spaits believes his home state of Washington could one day be the Amsterdam of the United States, with everyone from die-hard pot heads to the curious but uninitiated visiting for the novelty of legally buying and smoking marijuana.

And Spaits, who has already applied for a licence to open a retail store in the Seattle area once the state implements its legalization scheme, hopes Canadians will be among his customers.

"It's going to be similar to an Amsterdam trip: You're just going to go into a shop and look around, and if you do enjoy smoking, you're going to buy something, just to be part of that movement," says Spaits, 39.

But legal experts warn anyone heading into the United States planning to indulge in legal marijuana could run into problems if they disclose those



A man smokes cannabis in a coffee shop in Amsterdam. Will new laws make Washington state the U.S. equivalent?

JASPER JUINEN/GETTY IMAGES/FILE

plans at the border, with customs officers who enforce federal, not state, laws able to use information about travellers' pot smoking habits to turn them away or even bar them from entering indefinitely.

THE CANADIAN PRESS

Australia. Canadians arrested on drug charges

Three Canadians are facing serious drug charges in Australia after they were arrested at Melbourne airport.

The Melbourne Herald Sun reports a 20-year-old Canadian man and two women, aged 19 and 17, were arrested last Monday and accused of trying to smuggle 17 kilograms of heroin into the country.

The newspaper says a fourth person — a 21-year-old man from the Netherlands

— was arrested with the Canadians after the suspects got off a flight from China.

Border security officers say an X-ray scan detected a white powder hidden in the false bottoms of their luggage, and that initial testing suggested the substance was heroin.

The four appeared in court last Tuesday and at least three of them were remanded into custody until February.

THE CANADIAN PRESS

Perfect for sharing.

Share your data and save with
a **TELUS SharePlus Plan**.



Saving is simple with a TELUS SharePlus Plan because you can:

- Add a line starting from \$35/month
- Share from one pool of data* across multiple devices
- Get unlimited nationwide talk & text†



Experience the best customer service on
Canada's most reliable 4G mobile network.‡

Learn more at telus.com/shareplus

 **TELUS**
the future is friendly®

For more details, visit your TELUS store, authorized dealer or retailer, or call 1-866-264-2966.

BLACK[®]
www.black.ca

TELUS STORES & AUTHORIZED DEALERS

Bedford
Bedford Place Mall
936 Bedford Hwy

Dartmouth
Dartmouth Crossing
Mic Mac Mall
202 Brownlow Ave

Halifax
Bayers Lake Power Centre
Halifax Shopping Centre
Parklane Mall

Scotia Square Mall
6100 Young St

Lower Sackville
Downsview Plaza

Sydney
Mayflower Mall

*Only one SharePlus Plan subscriber on the account requires a data option. That data can be shared with up to four additional devices. The first device on each TELUS SharePlus Plan must be a smartphone, Smartphone Lite or other mobile phone. Compatible phone required for BYOD option. †Premium and subscription messages are not included. An additional 40¢/message charge will apply for each text message or attachment sent to international numbers. Text messages sent or received while roaming outside of Canada will be charged at 60¢/message. Visit telus.com/text for details. Customers with devices not able to display picture or video messages will receive a text message that includes a web address for viewing. Multimedia messaging used while outside of Canada is charged as data roaming. ‡Best customer service claim based on a comparison of national wireless service providers drawn from the most recent report of the Commissioner for Complaints for Telecommunications Services; visit the CCTS website or see telus.com/bestservice for details. Most reliable network claim based on testing of voice-call success rates, data-session completion rates and industry-standard call-quality measures against other national wireless service providers in metropolitan areas across Canada. TELUS, the TELUS logo, the future is friendly and telus.com are trademarks of TELUS Corporation, used under licence. All other trademarks are the property of their respective owners. © 2013 TELUS.

Need help keeping warm this winter?

The Heating Assistance Rebate Program
may be able to help with up to
\$200 towards your home heating costs.

**Call 1-800-670-4357 or visit
www.homeheatinghelp.ca**



Iran's President Hassan Rouhani kisses the head of Armita, the daughter of Iranian researcher Darioush Rezaeinejad, who was assassinated in 2011, after Iran and world powers came to an agreement in Geneva on its nuclear program.
IRAN'S PRESIDENCY OFFICE, MOHAMMAD BERNO/THE ASSOCIATED PRESS

Iran agrees to curb nuke activity

Breakthrough deal.
Commits Iran to freeze
its nuclear activities
for six months; allows
time to negotiate a
better deal

Iran struck a historic deal Sunday with the United States and five other world powers, agreeing to a temporary freeze of its nuclear program in the most significant agreement between Washington and Tehran in more than three decades of estrangement.

Iranian President Hassan Rouhani endorsed the agree-

ment, which commits Iran to curb its nuclear activities for six months in exchange for limited and gradual sanctions relief, including access to \$4.2 billion from oil sales. The six-month period will give diplomats time to negotiate a more sweeping agreement.

It builds on the momentum of the public dialogue opened during September's annual UN gathering, which included a 15-minute phone conversation between President Barack Obama and moderate-leaning Rouhani, who was elected in June.

The package includes freezing Iran's ability to enrich uranium at a maximum five per cent level, which is

well below the threshold for weapons-grade material and is aimed at easing Western concerns that Tehran could one day seek nuclear arms.

Obama hailed the pact's provisions, which include curbs on Iran's enrichment and other projects that could be used to make nuclear arms, as key to preventing Iran from becoming a nuclear threat.

"Simply put, they cut off Iran's most likely paths to a bomb," he told reporters.

For Iran, keeping the enrichment program active was critical. Iran's leaders view the country's ability to make nuclear fuel as a source of national pride.

THE ASSOCIATED PRESS

Strange bedfellows

Israel and Western-allied Gulf countries led by Saudi Arabia have formed an unlikely alliance in their opposition to Sunday's deal, joined together by shared concerns about a nuclear-armed Iran and Tehran's growing regional influence.

- Israel's PM harshly condemned the deal and Saudi Arabia remained conspicuously quiet.
- Israel's Benjamin Netanyahu said the world had become a "more dangerous place" as a result of the deal.

Skeptical

Baird takes tough stance on new deal

The Canadian government was "deeply skeptical" on Sunday of Iran's agreement to temporarily freeze its nuclear program, saying Ottawa's sanctions against the regime would remain firmly in place until the new deal's words turned into actions.

Foreign Affairs Minister John Baird took a stronger stance on the newly brokered deal than the United

States and other allies, saying Canada would be watching Iran closely.

"We have made-in-Canada foreign policy," he told reporters on Sunday.

"We think past actions best predict future actions. And Iran has defied the United Nations Security Council, it has defied the International Atomic Energy Agency. Simply put Iran has not earned the right to have the benefit of the doubt," Baird added "every diplomatic measure" should be taken to ensure Iran never obtains nuclear weapons. THE CANADIAN PRESS

MONDAY, NOVEMBER 25

TODAY ONLY

IN STORE AND AT THEBAY.COM. FREE ONLINE SHIPPING OVER \$99

See below for details.



50% off

Women's
sweaters

by DEX, CHAPS,
I.N.C INTERNATIONAL
CONCEPTS,
JESSICA SIMPSON,
STYLE&CO.,
KAREN SCOTT,
PETER NYGÅRD
and more

See below for exclusions.



50% off

Women's
dresses

in our dress
department.

See below for exclusions.

HUDSON'S BAY

Be the first to know about our
One Day Sales. Sign up at
thebay.com or follow us on:



HUDSON'S BAY
OFFICIAL OUTFITTER



We CAN own the podium

\$10 at thebay.com/olympic

\$3.33 from the purchase of every pair is donated to Canadian athletes
through the Canadian Olympic Foundation. Exclusively ours.

No rain checks and no price adjustments. No pre-orders or telephone orders. Offer available while quantities last. Cannot be combined with other offers. Selection may vary by store. Savings are off our regular prices unless otherwise specified. See in store for details. **Women's dresses** excludes JKara, New Spring Arrivals, Lauren Ralph Lauren, Adrianna Papell, Xscape, Jax, David Meister, Vera Wang, Badgley Mischka, Tadashi Shoji and Calvin Klein \$175 & up. **Women's sweaters** exclude Lord & Taylor Cashmere sweaters, The Room and TOPSHOP, New Spring Arrivals and items with 99¢ price endings. See store for more details.
FREE SHIPPING: Receive free standard shipping on a total purchase amount of \$99 or more before taxes. Offer is based on merchandise total and does not include taxes or any additional charges. Free standard shipping is applied after discounts and/or promotion code offers. Offer not valid at Hudson's Bay or any other HBC stores. Additional fees apply for Express or Next Day Shipping. Applies to Canadian delivery addresses only. Excludes furniture, canoes, patio furniture, patio accessories, barbecues and mattresses.

Science on tap
Quench your interest

Healthy smile, healthy future

Improving access to oral health care

Wednesday, November 27, 2013, 7 p.m.
Mi'kmaq Native Friendship Centre

2158 Gottingen Street, Halifax
RSVP: cafescientifique@cihr-irsc.gc.ca

Watch live at:
www.itshappeningrightnow.com/cihr_irsc



This free event is presented by the Canadian Institutes of Health Research's Pathways to Health Equity for Aboriginal Peoples signature initiative, and its Institutes of Aboriginal Peoples' Health, Gender and Health, and Population and Public Health. Space is limited.

Good oral health is about more than just having a nice smile. Taking good care of your teeth and gums can have a life-long positive impact on your health. For example, gum disease and tooth decay are associated with an elevated risk of chronic illnesses, such as diabetes and heart disease.

But some First Nations and Inuit communities experience a variety of barriers to good dental care. Limited access to preventive measures, such as fluoride treatments, can compromise dental health. Also, a lack of affordable nutritious foods can contribute to tooth decay. What can we do to ensure that everyone receives the oral health care that they need to promote health and health equity?

Join us to share your thoughts and hear the latest research evidence from experts in oral health.



Experts

Dr. Debbie Martin

School of Health and Human Performance
Dalhousie University

Dr. Peter Cooney

Chief Dental Officer
Public Health Agency of Canada

Ms. Megan Hudson

Community Health Nurse
Labrador-Grenfell Health

Moderator

Dr. Gregory Jones

Regional Dental Officer
Lecturer in the Faculty of Dentistry
Dalhousie University, Health Canada



CIHR IRSC
Canadian Institutes of Health Research
Instituts de recherche en santé du Canada
www.cihr-irsc.gc.ca



Waging a war against the F-bomb

fbomb.co. A 22-year-old student hopes his site will get Twitter users to think before dropping the F-word

A young Emily Post?

Martin Gingras said his personal distaste for swearing may have given his otherwise light-hearted venture a bit of an agenda after all.

- "It's more of an entertainment thing, but once people are on it, hopefully they read through a couple and realize how ridiculous it sounds."

It gets dropped without warning and can strike anywhere in the world, laying waste to rational arguments and leaving a trail of offended sensibilities in its wake.

But the linguistic threats posed by the F-bomb on Twitter pale in comparison to its entertainment value, according to a Canadian computer science student who has made it his mission to track the global prevalence of this word-based weapon on the social networking site.

Martin Gingras's fascination with the popular profanity

prompted him to create fbomb.co, a website that tracks the use of the word in real time.

By combining features from two of the web's most widely used applications — Google Maps and Twitter — the site allows readers to observe where in the world F-bombs are falling. **THE CANADIAN PRESS**

Failed '1:12 initiative'

Switzerland rejects plan to cap top managers pay

Swiss voters soundly rejected on Sunday a proposal to limit the pay of companies' highest-paid managers to 12 times that of their lowest-paid workers.

THE ASSOCIATED PRESS

Canada's seal hunt

WTO to rule on seal products

Advocates for and against Canada's commercial seal hunt will be watching Monday as the World Trade Organization rules on the EU's ban on imported seal products. **THE CANADIAN PRESS**

Random biz fact of the day

16

On average, job seekers use 16 different sources when searching for a job. **CAREERBUILDER**

U.S. warship. Boldly using electric propulsion

Captain Kirk's futuristic-looking vessel sports cutting-edge technology, new propulsion and powerful armaments, but this ship isn't the Starship Enterprise.

The skipper of the stealthy Zumwalt is Navy Capt. James Kirk, and yes, he's used to the jokes about the name he shares with the TV starship commander played by actor William Shatner.

Kirk takes it in stride.

While it's no starship, the technology-laden Zumwalt taking shape at Maine's Bath Iron Works is unlike any other ship. It's the first U.S. surface warship to use electric propulsion, and its power plant is capable of producing enough electricity to light up a small city and to power future weapons like the electromagnetic rail gun.

THE ASSOCIATED PRESS



Learning from wise old owls

Inspired by a collection of Canadian owl feathers, an international team of engineers is studying the nocturnal birds of prey, hoping the mysteries of their stealthy flight might lead to improvements in the design of everything from aircraft to submarines. The team has studied the design of owl wings in microscopic detail to try to figure out how the majestic birds remain so silent in flight, swooping down on prey without warning. **THE CANADIAN PRESS**



The Zumwalt destroyer moored in Bath, Maine. **THE ASSOCIATED PRESS FILE**

Job Hunting Tip: Book your interviews for after November 30th.

In addition to over 6,000 new online job postings every week, we also have the right advice and tools to help you along the way. So you can be certain you're putting your best face forward. It's what makes Workopolis Canada's number one job site.

workopolis.com

 [#workopolis](https://twitter.com/workopolis)



*"Number one job site" based on six-month average online job postings for period ending October 31, 2013. Comparison between Workopolis and all other major paid online job boards. Does not include online classified sites or job posting aggregator sites. Statistics provided by WANTED Technologies. © 2013 Workopolis.



Douglas Coupland

Douglas Coupland's latest novel, *Worst. Person. Ever.*, is available from Random House Canada.

Day 16

metronews.ca/temp

Worker satisfaction

Maybe we don't have it so bad

Canada has some of the most satisfied workers compared to the rest of the world, according to a recent survey by Monster.ca.

Canada tops the chart with 64 per cent of workers saying they love or like their job, followed by the Netherlands (57 per cent), India (55), the United States (53) and the United Kingdom (46).

PHOEBE HO/FOR METRO



ISTOCK

Skill acquisition

Ready and willing to learn

Canadian workers are willing to learn a new skill set to open up opportunities, according to Hays Canada's What People Want 2013 survey, with 88 per cent saying they are either planning to or will consider acquiring new skills to take advantage of shortages in other industries.

PHOEBE HO/FOR METRO

Temp Gets Fired!

Here's the thing: I've been fired before and couldn't have cared less, but getting fired from TWK stung.

"You let yourself get attached, Shanny," said my sister Amy. "The No. 1 law of temping: Never bond." She was helping me self-medicate with grape popsicles and a Kate Winslet DVD marathon. I was in pajamas at four in the afternoon and my life had devolved into the third panel of a Cathy cartoon where she stares into the void and emotionally implodes. "The only reason anyone hires anyone is to help them make money. The moment you can't do that, they'll chew your face off and toss the remains into a dumpster."

"That's not true. I liked it at TWK."

"Have you tried calling Mr. Shoeman?"

"He's on an energy retreat in the countryside."

"China has a countryside?"

"You're right. He's probably at World Extreme Cageboxing."

"What about Kyle?"

"He showed up to take Sarah to lunch just as I was leaving. I couldn't talk to him. God only knows what Sarah told him about me."

"Shannon, how do you think Kate Winslet manages to always lose weight?" Amy's attention span is limited. Discussion of my temping was over.

The doorbell rang. I live in a basement suite and it's not the easiest place to find, so for someone to locate me takes work. I opened the door: It was Sarah No. 1, so I closed the door, but she started banging on it. "Let me in! Shannon, I was hor-

rible! I deserve this! Let me explain!"

I opened the door. "Explain what?"

"I just got fired."

"So what? I'm waiting for whatever it is you're going to explain."

"Let me come in?"

"Oh God. All right. Shoes off. Would you like a grape popsicle?"

She came into the TV area and I introduced her to Amy. "We're having a Kate Winslet marathon." Amy hit pause.

Sarah looked at the frozen frame. "How does that woman always manage to lose weight so regularly?"

"Excuse me, Sarah — my explanation?"

"There is no explanation. I came here because I couldn't think of anyone else to visit. I have no friends. They all got married and this would just make them happy about their decision to do so."

"So you came to me because I'm a failure and won't judge you harshly?"

"To be honest, sort of. Yeah. You seem like your head's screwed on right. I like the way

"I like the way you never took crap from anyone at TWK — and your 'random fact of the day' was always funny."

you never took crap from anyone at TWK — and your 'random fact of the day' was always funny. And yesterday I got to see the human side of you."

"I'm deeply flattered." The three of us sat there in silence and then I figured it out: "Wait — you just want to know what my secret plan is so that you can get in on it."

"Well, yeahhhh!"

I paused a second. "OK."

TO BE CONTINUED...



Random biz fact of the day

47%

Almost half of recruiters say candidate compensation increased from 2011 to 2012.

SOURCE: WORKOPOLIS

iamtemp



WE HEART IT/TUMBLR

TEMP iz on Tumblr

Follow iamtemp on Tumblr for random musings on all things TEMP, from zombie pandas and choose-your-own surf & turf to Ron Swanson lunchables, raccoon dance parties and Lego doctors battling the NoroVirus (in German, of course). Plus, find sneak peeks of future episodes of TEMP. Check it out at iamtemp.tumblr.com.

Random fact of the day

What a buzz kill.

- Elephants use skin folds on their backs to crush mosquitos. SOURCE: PICSTACHE.COM



No blackouts or restrictions. Just travel freedom.
No annual fee for the first year. Plus, get 15,000 bonus points.¹
Apply today.

www.scotiabank.com/travelfreedom

You're richer
than you think.™

Scotiabank®

* Registered trademarks of The Bank of Nova Scotia. ® American Express is a registered trademark of American Express. This credit card program is issued and administered by The Bank of Nova Scotia under license from American Express. ¹ The 15,000 Scotia Rewards bonus points are awarded when you use your Scotiabank Gold American Express Card for a purchase within two months of open date and provided the account is open and in good standing. The points will appear as an adjustment on your Scotiabank Gold American Express Card statement within two statement cycles of your first card purchase. Offer applies to new accounts opened by March 31, 2014. The introductory annual fee waiver only applies to the initial annual fee for the primary and additional cards. The Scotiabank Gold American Express Card regular interest rate is 19.99% for purchases. For cash advances, balance transfers and Scotia Credit Card Cheques the interest rate is 21.99%. The regular annual fee is \$99 per year for the first card issued on the account; additional cards are charged an annual fee of \$29 per year per card when issued regardless of card activation and will be billed to your first statement and once a year thereafter. Offer applies to new accounts opened by March 31, 2014. Any additional cards must be issued by March 31, 2014, to qualify for the offer. Rates and fees are as of September 1, 2013 and are subject to change without notice.

96 HOUR GRAND CARAVAN SALE

ENDS TUESDAY – WHEN THEY'RE GONE...THEY'RE GONE!

NEW 2014 Grand Caravan

WAS: \$30,150

\$17,995*

NOW
FROM:

**LOWEST PRICE
IN CANADA!**



CRUSH!

**WE BUY BIG!
YOU SAVE BIG!**

CANADA'S LOWEST PRICES! • CANADA'S LOWEST PRICES!



**PAYMENT
INCLUDES
SNOW
TIRES**

2014 CHRYSLER 200 LX
UNBELIEVABLE VALUE!

WAS \$21,790

\$16,995 or **\$119** **\$0 DOWN** /BW**



**PAYMENT
INCLUDES
SNOW
TIRES**

NEW FIAT 500'S
ONLY AT STEELE CHRYSLER

WAS \$17,495

\$13,495 or **\$85** **\$0 DOWN** /BW**



**PAYMENT
INCLUDES
SNOW
TIRES**

2014 RAM 1500 SXT
QUAD CAB 4X4 - INCLUDES 5.7L HEMI

WAS \$41,190

\$24,980 or **\$169** **\$0 DOWN** /BW**

**INCLUDES
\$1500
LOYALTY, CONQUEST
TRADESMAN
BONUS CASH!**



BAYERS LAKE
Halifax, NS
PH: 482-8126
TF: 1 (877) 394-1634
www.halifaxchrysler.com



44 BEDFORD HWY
Halifax, NS
PH: 982-3982
TF: 1 (877) 394-2751
www.steelechrysler.com



*Price is plus freight, taxes, fees, vehicle options and accessories. RAM truck and/or Grand Caravan must be financed with dealer. **Pmt includes freight, fees & snow tires subject to availability. Taxes are additional. 151,500 RAM rebate requires purchaser to currently own or lease a pickup truck or have a valid tradesman's certificate.

GLOBAL MEETING IN A VACUUM

Even though federal Justice Minister Peter MacKay concedes “no concrete initiatives related to global peace and security” have resulted from his government’s \$12-million grant to a Washington-based organization to stage two-day conferences on global security every year for the past four years in Halifax, he isn’t discouraged.

“We have all the ingredients in place for that to happen,” he told Postmedia’s Tobi Cohen on the eve of last weekend’s fifth annual Halifax International Security Forum.

The fixins this year included defence ministers from Canada, the United States, Israel and France (but not, of course, from Iran, Syria, Pakistan, Afghanistan, China or Russia, the countries most central to any of the former countries’ security concerns).

The conference’s 300 participants — some of whom had their expenses paid by thee and me — included such global security experts as TV talkers Peter Mansbridge and Tom Clark, Nazanin Af-



URBAN COMPASS

Stephen Kimber

halifax@metronews.ca

shin-Jam, the wife of Peter MacKay, and John MacDonell, MacKay’s former chief of staff.

(The Forum, as Cohen pointed out, is “something of a taxpayer-funded family affair” for MacKay.)

Forget for the moment MacKay is spending millions in regional development dollars — which could have been used to develop sustainable regional businesses — on an American organization that puts on two-day, once-a-year conferences of economic benefit, mainly to a few downtown hotels and restaurants.

Ask yourself the larger question: What is the real value when a government — one that won’t talk to Palestinians and closes its embassy in Iran — creates a conference that serves as little more

than an echo chamber for conventional Western wisdom about global security.

Not that logic matters in matters of MacKay.

On Thursday, the justice minister announced Ottawa — for

Peter MacKay and the disconnects

What is the real value when a government — one that won’t talk to Palestinians and closes its embassy in Iran — creates a conference that serves as little more than an echo chamber for conventional Western wisdom about global security.

which read the Department of National Defence, MacKay’s old ministerial stomping ground, and the Atlantic Canada Opportunities Agency, for which understand MacKay’s personal patronage sandbox — is ponying up yet another \$9.8 million for five more years of cheery chat among the cognoscenti.

If for one can’t wait to hear more penetrating insights into the obvious such as this bon mot from last weekend’s talkfest: “No one can deny that at this very moment uncertainty is the most important feature in international relations.”

Worth every million, I’m sure.

ZOOM

High alert for Mount Sinabung



DEDY ZULKIFLI/THE ASSOCIATED PRESS

Indonesian volcano repeatedly erupts

Mount Sinabung spewed volcanic material as seen from Karo, North Sumatra, Indonesia, on Sunday. Indonesian authorities raised the alert status for one of the country’s most active volcanoes to the highest level after the mountain repeatedly sent hot clouds of gas down its slope following a series of eruptions in recent days. **THE ASSOCIATED PRESS**

How high?

2,600 m

The 2,600-metre-high mountain has sporadically erupted since September after being dormant for three years. Mount Sinabung unleashed fresh volcanic ash and gravel as high as 5,000 metres and searing gas down its slope up to two kilometres, said a government volcanologist, Surono, who like many Indonesians uses one name.

Villages evacuated amid ash, smoke

About 12,300 evacuees from eight villages around the mountain were packed Sunday in crowded government camps away from the fiery crater, while more than 6,000 others fled earlier to temporary shelters in 16 safe locations, said National Disaster Mitigation spokesman Sutopo Purwo Nugroho.

The volcano’s last

eruption, in August 2010, killed two people and forced 30,000 others to flee. It caught many scientists off guard because it had been quiet for four centuries.

Mount Sinabung is among around 129 active volcanoes in Indonesia, which is prone to seismic upheaval due to its location on the Pacific Ring of Fire, an arc of volcanoes and fault lines encircling the Pacific Basin.

THE ASSOCIATED PRESS

Clickbait



HANNAH ZITNER

hannah.zitner@metronews.ca

Nearly a month after Instagram opened its virtual doors to paid advertising, sponsored posts have likely been popping up in your feed. Not that brands weren’t welcome before, but pre-monetized Instagram, brands were treated the same as any other schmoe posting filtered pics. Now, with cash pushing photos through your feed, here’s a look at some brands making their way into your screen:



MICHAEL KORS/INSTAGRAM

Michael Kors:

Posted three weeks ago, Michael Kors was one of the first brands to take advantage of the new setup. Using #MK-Timeless, their ‘pampered in Paris’ post (pictured) has been liked 230,000 times. While many Instagrammers were not so pleased with pampered in Paris, the brand did gain between 33,000 and 34,000 new followers in 18 hours. #StreisandEffect?

General Electric:

I know, I know — jet engines hardly

seem the type to get all filtered up and passed around. But the Boeing’s #GE90 pic was liked 59,000 times. Jets, who knew?

Burberry:

Though they’ve been posting since the early days of Instagram, rumour has it they’re now using sponsored content (disclosure: I have not seen it yet). While I can say with certainty I’m not Burberry’s target market, I have to admit their photo stream is creative (and pretty).

Twitter



really is all about context

@metropicks asked: **Where in the world is the F-bomb dropping?** One Ottawa student tracks its use at fbomb.co. When do you tweet profanity?

@robin_writing: this is pretty cool- it

@thatguy666: reminds me of http://alotsafari.com/ just using another word.

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:

Send us your comments: halifaxletters@metronews.ca

Ebooks



The Things They Carried

By. Tim O'Brien

Audible.com



MIND THE APP

Kris Abel
@RealKrisAbel
scene@metronews.ca

Produced by Tom Hanks, this collection of Vietnam war stories explores the personal artifacts and memories carried by soldiers as coping strategies, superstitions and habits of endurance. Bryan Cranston (Breaking Bad) narrates, capturing with perfect attitude a cast of voices gruff with uncertainty, panicked by youth and haunted by loss. These are personal journeys, unexpected and masterfully told.

Box office

Money to burn

The Hunger Games sequel Catching Fire opened with \$161.1 million at the box office, narrowly besting the original film and setting a record for a November opening. The result, from studio estimates Sunday failed to dethrone the year's biggest box-office opening of \$174 million for Iron Man 3. But it did best the previous top November opening of \$142.9 million by Twilight Saga: New Moon. **THE ASSOCIATED PRESS**



Winona Ryder stars in Homefront, which opens Wednesday. CONTRIBUTED

Ryder on the Homefront

Arm candy role.
Actress talks Lou Reed and being a biker chick in her latest film



NED
EHRBAR

Metro World News in Hollywood

Sure, Winona Ryder has a movie to promote — the Jason Statham-starring Homefront — but she'd much rather talk about Lou Reed, if that's OK. "I was supposed to see it (Homefront), but then Lou Reed died and I had to go to his memorial. And you know, I just haven't been able to. But I usually see something before talking about it," Ryder says with a laugh. "And it's also my first 'this' kind of movie."

The movie she speaks of is about a former drug enforcement agent who moves to a

seemingly-idyllic town with an underbelly of drugs and violence. But before discussing the flick, Ryder has some things to say about Reed.

I've heard (Lou Reed) was one of the toughest people to interview.

Ethan Hawke — who worshiped him — met him somewhere and they were somehow exchanging numbers. Ethan was giving him his number and it was a 917 (a New York area code) number — it was right when (those were new) — and he said Lou was like, "What?" Like he was too cool for the new area code. Ethan was mortified, but it was kind of like, "He's Lou Reed. He can think that that's not cool."

You mentioned this is your first of "one of these kinds of movies." What was behind the decision?

Well, part of it was that I'd never done anything like this. I was kind of surprised they offered it to me. It kind of read like arm candy — which was kind of appealing to me. "Eh, I'm just a biker chick, arm candy in one of these movies. I've never done that, it could be fun!" And then also just honestly a big pull was James (Franco) because we're friends. I was like, "Are you really going to do this Homefront thing?"

You do come off as more interesting than just arm candy.

Oh good. It's just, there's not a lot of logic in these movies. It was an experience. I don't know if I'll do another thing like that. I did a thing right after that was like the opposite, this really great David Hare thing got Christopher Walken and Bill Nighy and Ralph Fiennes, and it's about the bringing down of Tony Blair.

Old becomes new

Winona Ryder figures she's hitting that age where everything old becomes new again. In 1994, she played Jo March in the film adaptation of Louisa May Alcott's novel Little Women and she was surprised to learn that Hollywood is going to revisit the material once again in a new film version. "I saw Christian Bale (who plays Laurie in the 1994 version) and I was like, 'Hey, what the hell?' It's just weird when they're redoing your (old stuff)."

It's all words and brilliant and about detention centres being built and money-laundering. So to go from this to that, it's kind of like that thing where I'm glad that I'm older because I would hate to be the ingenue now. It just seems like it would be tough these days.

2 SCENE



THROWAWAY THURSDAY

MAKE ROOM FOR BLACK FRIDAY

It's Throwaway Thursday! Gather your gently used items and donate them in support of Clothesline® Canadian Diabetes Association on Black Friday, November 29. The first 250 people to donate on Black Friday get a gift card.* **Pick up your donation kit at Guest Services.****

**BLACK FRIDAY
NOVEMBER 29**

**DOORS
OPEN AT 7AM**



MIC MAC MALL

*For offer terms and conditions, please visit Guest Services or see micmacmall.com. **Donation kit not necessary for participation.



Zac Efron. ALL PHOTOS GETTY IMAGES

Efron getting lots of bedside attention

Zac Efron may be dealing with his mouth being wired shut after breaking his jaw, but at least he's not suffering alone. Sources tell Radar Online that Efron's rumoured girlfriend Lily Collins is nursing him back to health.

"Zac is so grateful for Lily.

She's being so sweet with him and is going above and beyond to take care of him," a source says.

"She makes him healthy smoothies he can drink through the wire and she's really good emotional support for him right now."

TOP SIX@6 Weeknights at 6 KB counts down the HOTTEST songs of the day

- 6 Hedley Anything
- 5 Macklemore White Walls
- 4 Selena Gomez Slow Down
- 3 Lady Gaga Ft R. Kelly Do What U Want
- 2 Eminem ft Rihanna The Monster
- 1 Britney Spears Work Work

101.3 THE BOUNCE

1013TheBOUNCE.com | info@1013thebounce.com

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop Goes the Week

Crazy is as crazy does



STARGAZING
Malene Arpe
scene@metronews.ca

This week in pee: 1) Eminem says that the only way he could possibly top Kanye West's controversial BBC interview would be to pee on the floor. 2) Christian Bale reveals he told Ben Affleck to make sure his bat suit would allow him to "take a pee without anyone having to help him, because it's a little bit humiliating." 3) Andy Cohen says he made perfume from Lady Gaga's urine after she relieved herself in a bucket on the set of Watch What Happens Live. 4) I may, possibly, for sure, have wet myself when I heard Monty Python is planning a reunion.

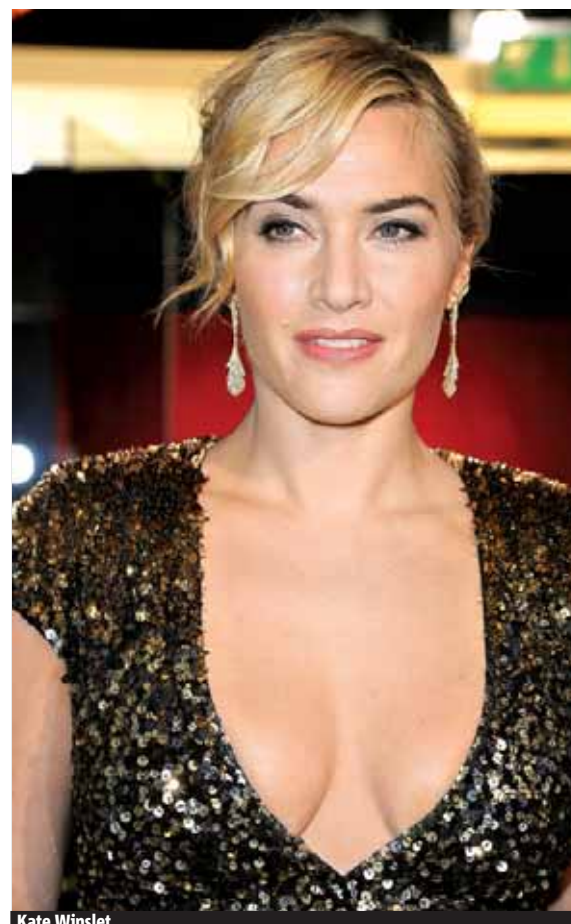
Dakota Johnson, who will star in the movie, insists 50 Shades of Grey is "an incredible love story." She then describes One Direction's music as "something that will surely stand the test of time" and notes that Agents of S.H.I.E.L.D. is "the best new TV show in 20, nay 25, years."

This week in back together? 1) There are rumours Ryan Gosling and Rachel McAdams are



seeing each other again. 2) Former couple Taylor Swift and Harry Styles may be secretly dating. 3) Robert Pattinson and Kristen Stewart are reportedly sneaking around with each other. 4) There are whispers about Nina Dobrev and Ian Somerhalder having picked up where they left off. 5) It appears the celebrity dating pool has officially dried up. Very, very carefully consider what you do next, Katie Holmes.

Nicole Kidman says in a brand-new interview that winning the Oscar for The Hours showed her "the emptiness of her own life." Later she says that reading her own quote showed her "the inanity of things people will say in interviews."



Kate Winslet

Family comes first, no matter how big Winslet's arse may get

Actress Kate Winslet, who turned 38 last month and is expecting her third child (her first with hubby Ned Rocknroll) says she doesn't care about losing the baby weight. Winslet's fluctuating weight has been a popular topic of discussion over the years, in an industry obsessed with super-skinny bodies.

Recently Winslet told Italian Vanity Fair: "Honestly, among my acquaintances there

is no woman wearing XS. No, sorry, there is one: my daughter. The point is that Mia is 11 years old."

While she believes in being fit and healthy, Winslet says her top priority after giving birth will be spending time with her family — not hitting the gym.

As she told Time Out: "I don't want to spend time thinking about the size of my arse."

"I CAN'T BELIEVE HE'S OLD ENOUGH TO DRIVE!"

Private In Car individual lessons also available

With the one and only **Collisionfree!™ Approach** taught *only* by Young Drivers of Canada, I know my son will be more confident behind the wheel. Of course I'll still worry...just a lot less.

Limited Seating Call Today to Enroll:

Halifax - November 26 Evening

Dartmouth - December 27 Christmas Break

Sackville - December 27 Christmas Break

GDL Exit & Point reduction - December 14 Saturday 425.1322 • yd.com/Halifax



YOUNG DRIVERS®



Flu season

Faking it?



IT'S ALL
RELATIVE
Kathy Buckworth
kathybuckworth.com

Here are guidelines to tell if a member of your family is really sick or faking.

•Child: Fortunately, most children are very bad actors/

liars. You know they're faking their illness if they: A) have a test at school that day B) clutch their stomach seconds after bounding down the stairs and punching a brother on the way C) are hovering suspiciously near a heating vent with a thermometer, or D) ask, "What happens if I feel better around four?" noting a hockey game on the schedule for later that day. A gentle reminder about their

negotiating position when it comes to extended curfews is recommended.

•Husband: Guys can be tricky. Some are entirely stoic about broken bones, huge bleeding wounds, and things that went snap, but the slightest snuffle can have them heading for the nearest couch wrapped in a Snuggie. The "man-flu" is well documented and needs no additional space here; we've all had the flu, it sucks,

get over yourself. You don't need to announce every little symptom and sigh every 10 minutes. Bottom line? Who cares if he's sick? He's an adult. Let him figure it out.

•Wife: Because she says so.

EXCERPTED FROM KATHY BUCKWORTH'S I AM SO THE BOSS OF YOU: AN 8 STEP GUIDE TO GIVING YOUR FAMILY THE BUSINESS, PUBLISHED BY MCCLELLAND & STEWART, 2013, AND RECENTLY OPTIONED BY WARNER BROTHERS TELEVISION. KATHYBUCKWORTH.COM

Exclusively online



It's one of the biggest parenting challenges of the season: creating the perfect holiday greeting card. Check out this week's exclusive Metro content from Lyranda Martin Evans and Fiona Stevenson, authors of the hilarious bestselling book Reasons Mommy Drinks, at metronews.ca/voices.

Join the laughter on twitter @mommyreasons.

Tot-sized good and evil

Q&A. Researcher Paul Bloom seeks to answer whether babies are moral beings

Are we naturally good or naturally evil? Cognitive scientist Paul Bloom argues in a new book that we're both.

In Just Babies: The Origins of Good and Evil (Crown), the developmental psychologist and Yale professor takes on the nature of morality and vast research spanning evolutionary biology to philosophy, drawing on everyone from Sigmund Freud to Louis C.K.

His conclusion? Babies have the capacity for empathy and compassion, possess a limited understanding of justice and have the ability to judge. Yet they navigate not along colour lines but as Us versus Them, usually landing squarely in the Us camp.

What light do you shed on the "moral sense" of babies?

We're born with this extraordinary moral sense. A

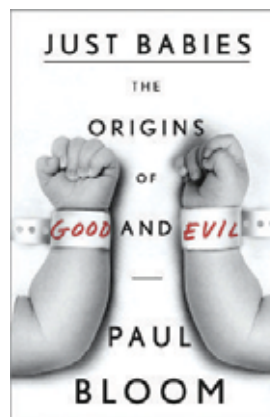


According to developmental psychologist Paul Bloom, babies have the capacity for empathy and compassion. ISTOCK

sense of right and wrong just comes naturally to humans and shows up in the youngest babies we can study. But this morality is limited. I think tragically limited. So we are morally attuned to those around us, to our kin, to our friends, to those we interact with, and we are utterly cold-blooded toward strangers. To

some extent I think babies are natural-born bigots. They are strongly attuned to break the world into Us versus Them and have no moral feelings at all toward the Them, and this shows up all through development.

So in some way, although a lot of morality is inborn, I think the great success of



humans ... is expanding and transcending this inborn morality.

Where do serial killers come from?

Serial killers are very unusual people. ... We know that there's genetic differences in people's empathy, in people's compassion and how much they care about other people, in their ability to control violent rages, for example, and I'm sure a serial killer is somebody who has the genetic short end of

the stick. Then you toss in certain environments. Your typical serial killer had a very unhappy childhood.

You write about conflicts in research on racial bias in young children.

For kids there's a lot of evidence that they're very strongly biased on Us versus Them if you get them to do it on the basis of things like different coloured T-shirts, for example, but race and skin colour isn't an automatic way of dividing up the world. So you take a two- or three-year-old and typically a two- or three-year-old shows no signs of being racist in any way. When you get older, if kids are in an environment when blacks and whites interact and they're totally mellow with each other and there's not much conflict, they'll see black and white but it won't matter at all. If you're in an environment where it matters then it will matter. Children are extremely prone and very ready to divide the world into groups, but the groups that they focus on is determined through learning. **THE ASSOCIATED PRESS**

3 THE



Build Social Capital, a sense of belonging.

Give here because you live here.

www.facebook.com/UnitedWayHalifaxRegion [@UWHalifax](https://twitter.com/UWHalifax) www.unitedwayhalifax.ca



United Way
Halifax

Ad space donated by: **metro**

Feel the warmth with a bowl of Cauliflower Cheddar Soup

1. In pot, combine cauliflower, celery, onion, potatoes, garlic, pepper to taste, broth and water; cover and bring to a boil over high heat. Reduce heat to medium-low, cover and boil gently for 15 to 20 min or until

Ingredients

- 9 cups (2.25 l) chopped cauliflower (about 2 lbs/1 kg)
- 2 stalks celery, diced
- 1 onion, chopped
- 3 potatoes, peeled and diced
- 2 tsp (10 ml) minced garlic
- Pepper
- 2 cups (500 ml) reduced-sodium vegetable or chicken broth
- 1 cup (250 ml) water
- 2 tbsp (30 ml) all-purpose flour
- 2-1/2 cups (625 ml) milk
- Ground nutmeg
- 1-1/2 cups (375 ml) shredded Canadian Cheddar cheese, divided
- 1/4 tsp (1 ml) salt (approx.)



This recipe serves six to eight. MILKCALENDAR.CA

vegetables are soft.

2. Whisk flour into milk; pour into pot with nutmeg to taste. Cook, stirring, 3 mins. or until slightly thickened. Remove from heat.

3. Using immersion blender

or transferring in batches to an upright blender, purée until smooth.

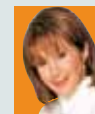
4. Return to pot, if necessary. Heat over medium heat, stirring often, for about 5 min or until bubbling. Remove from heat and stir in 1 cup (250 ml)

of the cheese until melted. Season with pepper and up to 1/4 tsp (1 ml) salt. Ladle into warm bowls and sprinkle with remaining cheese.

JODY SPRIEL OF PLEASANT HILL HOLSTEINS INC. IN ST. MARY'S, ONTARIO/DAIRY FARMERS OF CANADA (MILKCALENDAR.CA)

Healthy eating

Choose it and lose it



ROSE REISMAN
for more, visit
rosereisman.com or follow
her on twitter @rosereisman

Taco Del Mar serves up Mexican favourites but not all are created equal when it comes to fat and calories.



Taco Del Mar Pork Nachos

1,150 calories / 56 g fat
Nachos are never a good choice. Eat too much of this pork variety and you'll start oinking and rolling around in mud.

Equivalent

Taco Del Mar Pork Nachos with cheese, tomato salsa, sour cream and guacamole are equal in calories to 2 lbs of pork chops.



Taco Del Mar Pork Quesadilla with cheese and tomatoes

720 calories / 35 g fat
Enjoy pork in a quesadilla instead. They're perfect for an appetizer to split or as a single meal.



Graduate Programs Open House

Meet the faculty. Engage with students and staff, and discover your future path with one of the following degrees:

- Master of Business Administration (MBA)
- Executive MBA (EMBA)
- Master of Finance (MFin)
- Master of Management, Co-operatives and Credit Unions (MMCCU)
- Master of Applied Economics (MAE)
- Master of Technology Entrepreneurship and Innovation (MTEI)

November 28th 11:30-1:30, 5:00-7:00
Saint Mary's University, Sobeys Building, 4th Floor

'Round the world wisdom

Pop your bubble and learn to thrive

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10, and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.



LESSONS FROM THE DESERT
Stefan Danis
life@metronews.ca

We are frequently struck with an idea that takes us out of our comfort zone, yet rarely do we throw caution to the wind and sail towards opportunity.

Encountering hardships in 2008, I sought out a positive challenge that would stand to counter my struggles. Running the Gobi Desert seemed like the perfect challenge: "If I can run the desert, I can handle anything," I told myself.

I trained hard to re-



Take a walk on life's uneasier side every so often. ISTOCK

invent myself as a runner, and from a standing start, within five short months I found myself in the Gobi Desert, lacing up my running shoes for a six day race.

At 7 a.m. we took to the startling line. I was terrified. Five hours later, I had finished my first marathon ever. I then did the same, on days two, three and four. On the fifth day I ran 85 km (two marathons), a distance I never imagined walking let alone running.

Every part of the journey was foreign to me. Whenever I stopped to ponder the enormity of the task at hand, I thought, "Wow, I am way outside of

my comfort zone, and yet, I'm still here!"

Unexpectedly, I crossed the finish line first in the 40 to 50 age group. I returned with the sincere belief that I could handle the recession, and anything else life threw my way. In fact, before the six-day run, a recession was an event to try to survive. The desert showed me it is possible to thrive. Only by stepping out of our comfort zone can we expand it and ultimately realize what we are truly capable of.

STEFAN DANIS IS THE CEO OF NEXCA-REER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER

AUS hockey

Peters backstops Huskies to victory in season debut

The Saint Mary's Huskies inched a little closer to .500 with a 6-4 victory over the St. Francis X-Men on Saturday.

The Huskies took a 3-1 lead into the second period and didn't look back. Matt Tipoff paced the Huskies with a pair of goals while Jeff Marchand, Stephen Gillard, Gerrad Grant and Ryan Hillier rounded out the scoring for the Huskies. Saint Mary's netminder Anthony Peters made his season debut, making 28 saves in the victory.

The last-place Dalhousie Tigers dropped a 4-2 decision to the Acadia Axemen on Saturday. The 1-6 Tigers tied the game early in the third period but the Axemen pulled away with two straight goals. **METRO**

AUS basketball

Huskies remain undefeated

The Saint Mary's Huskies continued their winning ways in AUS basketball action over the weekend.

SMU's No. 1 nationally ranked women's squad added to their 6-0 record with dominant victories over the Cape Breton Capers, a 77-53 win on Friday, followed up by an 87-59 trouncing on Saturday. The first-place men's team fared equally well, beating the Capers 90-82 on Friday and 92-74 on Saturday.

The Dalhousie Tigers struggled in weekend action. The men's squad lost both its matchups to the P.E.I. Panthers, while the women salvaged a split.

METRO

Mooseheads enjoy perfect weekend

QMJHL. Herd extend winning streak to nine games in outscoring Bathurst Titan and Saint John Sea Dogs by combined 14-2



ANDREW RANKIN
andrew.rankin@metronews.ca

In the end, Sebastien Auger could only tip his hat to the Halifax Mooseheads.

The Saint John Sea Dogs' 19-year-old netminder faced 42 shots and witnessed his teammates get manhandled in a 5-0 loss to the Herd before 8,526 fans at the Metro Centre on Saturday night.

But it was the swagger the Mooseheads displayed in their dominant performance that stuck with Auger, a talented goalie in his own right.

"They took 42 shots but they could have taken many more," said Auger. "They were always looking for the right play all the time."

"I'm watching them as they cycle the puck; you never know when the shot will come and you have to be looking all over the place to see where the forwards are."

A night after bulldozing the Bathurst Titan 9-2, the Mooseheads lost none of their momentum, jumping out to a 2-0 first-period lead, compliments of Nikolaj Ehlers and Luca Ciampini.

They just kept rolling from there en route to their ninth-straight victory.

Ehlers would tally again



Mooseheads forward Jonathan Drouin had a seven-point weekend. JEFF HARPER/METRO

League leaders

123

The Halifax Mooseheads lead the QMJHL in goals scored this season.

captain Darcy Ashley, who picked up two assists on the night and six helpers over the weekend.

"You have to be ready for

the puck every second because you never know when you're going to get it. And you have to be ready to get rid of it just as quickly."

With the victory, the Mooseheads (21-8) sit second in league standings, one point behind the Blainville-Boisbriand Armada.

The Mooseheads hit the road to take on the Cape Breton Screaming Eagles on Friday at 7 p.m.

Rookie Watt relishes first QMJHL goal



Mooseheads rookie Vincent Watt scored his first goal on Friday against the Bathurst Titan. JEFF HARPER/METRO

It was a weekend of firsts for two Halifax Mooseheads rookies.

Vincent Watt snagged his first QMJHL goal in the Herd's 9-2 victory over the Bathurst Titans on Friday, while Connor Moynihan picked up a goal and an assist the next night for his first multi-point game of his young major junior career.

Naturally, Watt, whose golden mane would be the envy of any mullet admirer, was the more outwardly ex-

static of the pair.

"It was a relief," said the fourth-line forward, as a huge smile spread across his face. "My linemates really helped me out and all I did was just bang in the rebound."

"It's definitely a step forward. I was thinking about scoring my first goal pretty much till now. Finally, now I got it done and I can just play my role on the team."

Sixteen-year-old Moynihan, who has three goals this season, was

thrilled with his mini breakout game.

"I consider this a transition year for me," said Moynihan. "It's a big step up from what I'm used to so it's exciting to have a night like this."

As the Herd inches closer to top spot, Moynihan is just enjoying the ride.

"It's something really special. I have never been on a team like this; that's nine straight wins."

ANDREW RANKIN/METRO

NHL

Staal in high gear
as Canes top Sens

Eric Staal had a goal and two assists, goalie Cam Ward stopped 35 shots and the Carolina Hurricanes beat the Ottawa Senators 4-1 on Sunday. Jason Spezza gave Ottawa the lead 1:07 in with his 10th goal of the season, but Carolina scored three times in the second period. **THE ASSOCIATED PRESS**

NBA

Bulls' Rose out with
another knee injury

Derrick Rose will have surgery on his right knee Monday, and the Chicago Bulls don't yet know how long they'll be without their star guard this time. Rose has a medial meniscus tear, which is typically less serious than a lateral tear. **THE ASSOCIATED PRESS**



Chicago Bulls point guard
Derrick Rose GETTY IMAGES

CFL. Sheets helps Riders
set off party on the Prairies

Kory Sheets ran for a record 197 yards and two TDs to power the Saskatchewan Roughriders to a 45-23 win over the Hamilton Tiger-Cats in the 101st Grey Cup game Sunday night.

Sheets delighted the raucous hometown crowd of 44,710 by smashing the previous mark of 169 yards, set in 1956 by Edmonton's Johnny Bright. Sheets, who was named the game's MVP, was a force in the first half, running for 128 yards and a TD in leading Saskatchewan to a commanding 31-6 halftime advantage.

"The one thing that led us to a dominant performance was that the fans were unreal," said Roughriders coach Corey Chamblin. "It was unreal. From pre-game warmup I knew it was going to be tough for those guys. I looked at them and said 'I wouldn't want to be in your

Grey Cup game

45 23
Roughriders Tiger-Cats

shoes.' I mean, it was ridiculous. The whole thing was green."

Saskatchewan slotback Chris Getzlaf was the game's top Canadian.

Quarterback Henry Burris pulled Hamilton to within 31-16 on his 18-yard TD run early in the third and a drive that Luca Congi capped with 33-yard field goal early in the fourth. But Sheets cemented the win with a five-yard touchdown with just over five minutes remaining. **THE CANADIAN PRESS**



Riders quarterback Darian Durant hoists the Grey Cup on Sunday at Mosaic Stadium in Regina. JEFF GROSS/GETTY IMAGES

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION						
	GP	W	L	OL	GF	GA
Boston	23	15	6	2	64	43
Toronto	23	14	8	1	66	54
Tampa Bay	23	14	8	1	67	61
Detroit	23	11	7	7	63	70
Montreal	24	13	9	2	64	51
Ottawa	24	9	11	4	68	77
Florida	24	6	13	5	53	80
Buffalo	25	5	19	1	44	79

METROPOLITAN DIVISION						
	GP	W	L	OL	GF	GA
Pittsburgh	24	15	9	0	69	54
Washington	24	12	10	2	72	68
NY Rangers	23	12	11	0	48	54
New Jersey	23	9	9	5	49	55
Carolina	24	9	10	5	49	67
Philadelphia	22	10	10	2	49	53
Columbus	23	8	12	3	56	71
NY Islanders	24	8	13	3	68	82

Sunday's results

Carolina 4 Ottawa 1

Detroit 3 Buffalo 1

Saturday's results

Boston 3 Carolina 2 (OT)

Minnesota 3 Winnipeg 2 (SO)

Montreal 3 Pittsburgh 2

Toronto 2 Washington 1 (SO)

Ottawa 4 Detroit 2

Philadelphia 5 NY Islanders 2

NY Rangers 2 Nashville 0

St. Louis 6 Dallas 1

Anaheim 4 Phoenix 2

Chicago 2 Vancouver 1

WESTERN CONFERENCE

CENTRAL DIVISION						
	GP	W	L	OL	GF	GA
Chicago	24	16	4	4	87	70
St. Louis	22	16	3	3	79	50
Colorado	22	17	5	0	69	45
Minnesota	24	15	5	4	64	55
Dallas	22	11	9	2	61	65
Nashville	23	11	10	2	52	67
Winnipeg	25	10	11	4	66	75

PACIFIC DIVISION						
	GP	W	L	OL	GF	GA
Anaheim	26	17	6	3	80	65
San Jose	23	15	3	5	79	52
Los Angeles	24	15	6	3	64	51
Phoenix	23	14	5	4	78	74
Vancouver	25	12	9	4	65	65
Calgary	23	8	11	4	64	84
Edmonton	24	7	15	2	64	84

Note: Two points for a win, one point for overtime loss.

San Jose 2 New Jersey 1

Colorado 1 Los Angeles 0 (OT)

Monday's games — All Times Eastern

Winnipeg at New Jersey, 7 p.m.

Pittsburgh at Boston, 7 p.m.

Columbus at Toronto, 7 p.m.

Philadelphia at Florida, 7:30 p.m.

NY Rangers at Tampa Bay, 7:30 p.m.

Phoenix at Nashville, 8 p.m.

Minnesota at St. Louis, 8 p.m.

Chicago at Edmonton, 9:30 p.m.

Los Angeles at Vancouver, 10 p.m.

Tuesday's game

Anaheim at Dallas, 8 p.m.

NFL

WEEK 12

Sunday's results

Carolina 20 Miami 16

Baltimore 19 N.Y. Jets 3

Tampa Bay 24 Detroit 21

St. Louis 42 Chicago 21

Pittsburgh 27 Cleveland 11

Jacksonville 13 Houston 6

San Diego 41 Kansas City 38

Green Bay 26 Minnesota 26

Arizona 40 Indianapolis 11

Tennessee 23 Oakland 19

Dallas 24 N.Y. Giants 21

Denver at New England

Monday's game — All Times Eastern

San Francisco at Washington, 8:40 p.m.

MLS PLAYOFFS

CONFERENCE CHAMPIONSHIPS

EASTERN CONFERENCE

Saturday's result

Sporting KC 2 Houston 1

(Sporting KC advances 2-1 on aggregate)

WESTERN CONFERENCE

Sunday's result

Real Salt Lake 1 Portland 0

(Real Salt Lake advances 5-2 on aggregate)

MLS CUP

Saturday, Dec. 7

Sporting KC vs. Real Salt Lake, 4 p.m.

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
Indiana	12	1	.923	—
Miami	10	3	.769	2
Atlanta	8	6	.571	4 1/2
Toronto	6	7	.462	6
Chicago	6	6	.500	5 1/2
Charlotte	7	7	.500	5 1/2
Philadelphia	6	9	.400	7
Detroit	5	8	.385	7
Washington	5	8	.385	7
Boston	5	10	.333	8
Orlando	4	9	.308	8
Cleveland	4	10	.286	8 1/2
New York	3	9	.250	8 1/2
Brooklyn	3	10	.231	9
Milwaukee	2	10	.167	9 1/2

WESTERN CONFERENCE

	W	L	Pct	GB
San Antonio	12	1	.923	—
Portland	12	2	.857	1/2
Oklahoma City	9	3	.750	2 1/2
L.A. Clippers	10	5	.667	3
Houston	9	5	.643	3 1/2
Dallas	9	5	.643	3 1/2
Golden State	8	6	.571	4 1/2
Memphis	7	6	.538	5
Phoenix	7	6	.538	5
Minnesota	8	7	.533	5
Denver	6	6	.500	5 1/2
New Orleans	6	6	.500	5 1/2
L.A. Lakers	7	7	.500	5 1/2
Sacramento	4	9	.308	8
Utah	1	14	.067	12

Sunday's results

Detroit 109 Brooklyn 97

L.A. Clippers 121 Chicago 82

Phoenix 104 Orlando 96

Oklahoma City 95 Utah 73

L.A. Lakers 100 Sacramento 87

Monday's games — All Times Eastern

Minnesota at Indiana, 7 p.m.

Boston at Charlotte, 7 p.m.

Phoenix at Miami, 7:30 p.m.

Milwaukee at Detroit, 7:30 p.m.

Houston at Memphis, 8 p.m.

Denver at Dallas, 8:30 p.m.

New Orleans at San Antonio, 8:30 p.m.

Chicago at Utah, 9 p.m.

New York at Portland, 10 p.m.

CFL PLAYOFFS

101st GREY CUP

At Regina, Sask.

Sunday's result

Saskatchewan 45 Hamilton 23

visit **metronews.ca**

metro

Service Directory

To advertise contact Tricia Brommit at 444-8329

November 25

APARTMENTS

WOW!
\$1000 Move In Incentive!
Newly renovated 1, 2 & 3 BR units
Starting at just \$600
Clean and spacious apartments.
Located on Rolieka Dr & Churchill Court, in Dartmouth.
Comfortable walking distance to shopping,
dining and banking. Short drive to Mic Mac Mall
and Dartmouth Crossing. On Metro Transit Bus Routes #10 & #54
Call 902-830-1296
or email pinegreenpark@hotmail.ca
for more details.
*To new qualified tenants

HARBOUR VISTA
APARTMENTS
One and Two Bedroom Apartments from \$900/Month.
Includes in-floor heating, h/w, balcony, 6 appliances.

Occupancy NOW or later. ONE MONTH FREE RENT
5 corners near downtown.
Harbourvista Apts.
222 Portland St
809-2221
www.harbourvista.ca

EMPLOYMENT

3 Pay Weeks Until Xmas!
C.S.R position
\$11.00/Hour to start
Paid weekly every Friday
Paid training — Start ASAP
Email resume to:
richard@topshelfmarketinginc.com
TuM
TOP SHELF MARKETING INC.

MOVERS

Priority One
MOVING
YOUR MOVE OUR PRIORITY.
17ft Truck & 2 Men
\$70.00 per hour
No Minimum, No Gas Surcharge
Residential & Commercial
Local & Long Distance
902-483-2898

HEATING SERVICES

ADVANTAGE REFRIGERATION & AIR CONDITIONING
Stay warm and save money this winter!
We sell & service Heat Pumps.
We also service
Gas Furnaces,
Gas Fireplaces, and
Gas Hot Water Tanks.
Call today for your free quote!
Office: 492-1902
Mobile: 880-4340

Horoscopes

Aries

March 21 - April 20

Even an Aries has to take orders from some people and one such individual will demand you show them the respect they think they deserve. Let them have it.

Taurus

April 21 - May 21

Your ideas and opinions will change radically over the next few days — which is not like you at all. It won't worry you, but some people may be concerned you are acting out of character.

Gemini

May 22 - June 21

You seem strangely dissatisfied at the moment and can't quite put your finger on why that is. As the Sun moves deeper into your opposite sign partners and loved ones will help you find out.

Cancer

June 22 - July 23

Act first and worry about the consequences later. Better still, don't worry about the consequences at all. Be ready and willing to take a few risks over the next seven days.

Leo

July 24 - Aug. 23

How you start the week will determine what sort of week you are going to have. If someone tries to pile lots of work on you, just say no.

Virgo

Aug. 24 - Sept. 23

Creative matters will become more important to you as the week progresses, but today, focus on getting domestic affairs in order. What can you do to reassure loved ones that their needs are your number one concern?

Libra

Sept. 24 - Oct. 23

You don't need to make excuses if you want to be by yourself. Others may think you are being anti-social, and maybe you are, but so what?

Scorpio

Oct. 24 - Nov. 22

Keep travel plans to a minimum over the next 24 hours because there could be hold-ups and setbacks which get you frustrated.

Sagittarius

Nov. 23 - Dec. 21

You will get the opportunity to go back and set something right, and if you are smart you will seize it with both hands. If you don't it will continue to prey on your mind and hold you back.

Capricorn

Dec. 22 - Jan. 20

You may not want to cause offense, either at home or at work, but you must speak your mind today, no matter what the effects may be. Let others know you have strong principles and opinions.

Aquarius

Jan. 21 - Feb. 19

For one reason or another you find it hard to get along with certain people and you must not try to force yourself to work with them. There is more than enough space to do your own thing.

Pisces

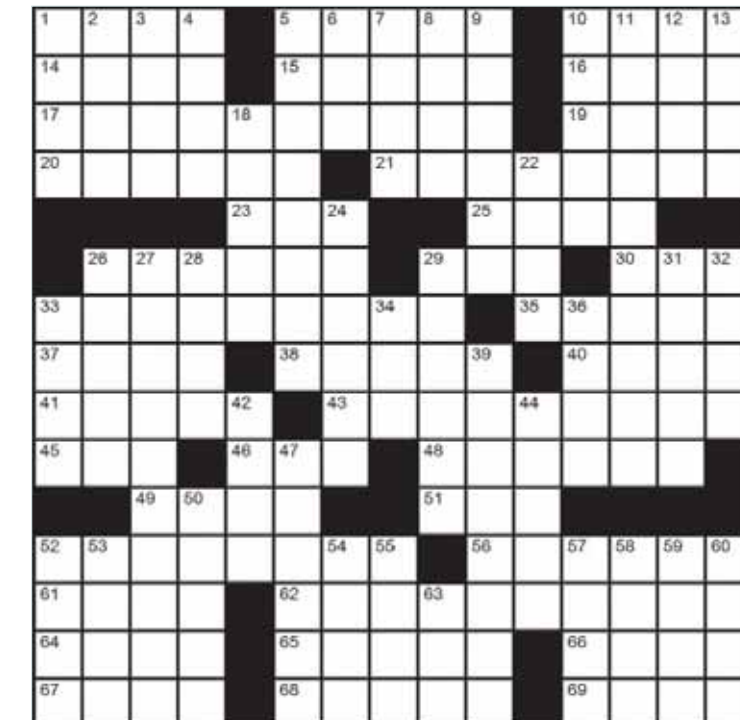
Feb. 20 - March 20

The more others try to tie you down the more likely it is you will strive to break free. Especially at work, you just can't see the point of hammering away at the same problems. Do something different this week. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

1. Miley Cyrus' momager
5. Russian refusals
10. Way off
14. Currency exchange fee
15. Denmark's ___ Islands
16. Cautious
17. Exercise for some pet owners: 2 wds.
19. Aboard the ship
20. Within reach: 2 wds.
21. I'll Be Loving You by The ___ & BBQ Show (Montreal duo whose music the late great Lou Reed admired)
23. Fast food chain: letter + symbol + letter
25. Dedicated to the ___ Love by The Shirelles
26. Ms. Copps
29. Cape Town's home [acronym]
30. 'Electr' ender
33. Medieval killer: 2 wds.
35. Receded
37. L.A.'s state
38. Canadian skating great/choreographer, Sandra ___
40. Nero's 2051
41. Amadeus (1984) star Tom
43. Hit for rapper Gerardo: 2 wds.
45. Card game



46. Author Mr. Lawrence, et al.
48. Surface
49. Bargain
51. Nature's coat
52. Company chatter: 2 wds.
56. Cone-shaped dwelling
61. Holly ___ Trio

62. Join in Klondike fun: 3 wds.
64. Competent
65. Phoney well-wishery
66. ___ Want by Irish band Kodaline
67. Yo-Yos
68. Advice columnist Ann Landers aka ___

- Lederer
69. Requires directions

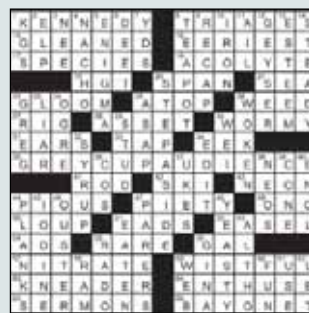
Down

1. "All done!"
2. Jazz classic: ___ Rhythm
3. Wistful utterance
4. This is ___ Heart

- Breaks by Rob Thomas
5. East Coast region: abbr. + symbol + abbr.
6. Yakety ___ by The Coasters
7. Mr. Estrada
8. Ms. Braxton
9. Repetition marks,

- in music
10. Conscious
11. Vogue, e.g.: 2 wds.
12. Locale
13. Mr. Seacrest
18. Hammer ___ in
22. Eat at
24. Bets
26. '70s idol, Mr. Cassidy
27. Broadway musical!: 2 wds.
28. Larger-than-life
29. Applied a cold pack again
31. Check out, ___ into
32. Ms. Falco
33. Songbook standard: Ac-Cent-___-Ate the Positive
34. Submachine gun variety
36. Russia/China border river
39. Disco hit for Canadian singer France Joli: 3 wds.
42. Coup d'___
44. Waste place
47. Pass
50. Blades
52. "Vamoose!"
53. Freight train rider
54. Desk light
55. Start to 'sack'
57. Equal, in Paris
58. On-a-horse sport
59. Building wings
60. Change
63. ___-End? by Brit singer Kate Nash

Friday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



Today -4°/-5° Partly cloudy
Tuesday 5°/4° Showers 60%
Your #1 weather forecast now available in HD. Check your local listings for details. The Weather Network HD
©The Weather Network 2013

visit metronews.ca

metro

NEED MONEY?

✓ No credit checks
✓ Fast approvals

call 1 866 499-5629

And get cash now!!
www.mynextpay.ca

MoneyProvider.com

\$500 Loan and more No credit refused

Fast, easy and secure

1-877-776-1660

www.moneyprovider.com



SAVE THIS SEASON ONLY AT STEELE HYUNDAI

3625 Kempt Road in Halifax • Call: 982-3980

YOU'RE LOOKING AT THE
**BEST DEALS ON
NEW HYUND AIS**
IN NOVA SCOTIA!

ACCENT

STANDARD FEATURES INCLUDE:

- 1.6L GDI ENGINE
- FRONT ACTIVE HEADRESTS
- FRONT, SIDE & CURTAIN AIRBAGS
- POWER DOOR LOCKS
- AM/FM/CD/MP3/USB/iPOD® AUDIO SYSTEM

OUR PAYMENTS INCLUDE
TAX & FREIGHT!

\$43 /WK*

OWN IT
FROM



YOU'RE SAVING UP TO
\$1,500
ON ACCENTS AT STEELE

HWY: 5.2L/100 KM
CITY: 7.1L/100 KM



HWY: 5.6L/100 KM
CITY: 8.7L/100 KM



ELANTRA

STANDARD FEATURES INCLUDE:

- 6 AIRBAGS INCLUDING SIDE AIRBAG
- IPOD®/USB/AUXILIARY INPUT JACKS
- POWER WINDOWS & DOOR LOCKS
- ABS WITH TRACTION CONTROL SYSTEM
- DUAL HEATED POWER EXTERIOR MIRRORS

OUR PAYMENTS INCLUDE
TAX & FREIGHT!

Elantra L 6-Speed	fr \$46/wk*
Elantra L Auto	fr \$52/wk*
Elantra GL 6-Speed	fr \$55/wk*
Elantra GL Auto	fr \$59/wk*
Elantra GLS 6-Speed	fr \$60/wk*
Elantra GLS Auto	fr \$64/wk*
Elantra Limited	fr \$69/wk*

SONATA

AVAILABLE FEATURES INCLUDE:

- GDI ENGINE
- HEATED FRONT/REAR SEATS
- BACKUP CAMERA
- INFINITY® XM/CD/MP3 STEREO & EXTERNAL AMP
- PANORAMIC SUNROOF

OUR PAYMENTS INCLUDE
TAX & FREIGHT!

Sonata GL	fr \$69/wk*
Sonata GLS	fr \$74/wk*
Sonata SE	fr \$76/wk*

YOU'RE SAVING
\$THOUSANDS
ON SONATA & ELANTRA

HWY: 8.4L/100 KM
CITY: 11.0L/100 KM



HWY: 7.2L/100 KM
CITY: 10.0L/100 KM



2013 TUCSON AWD'S
FR: **\$82** WK*
LAST CHANCE TO SAVE!

SANTA FE

AVAILABLE FEATURES INCLUDE:

- PANORAMIC SUNROOF
- REARVIEW BACKUP CAMERA
- HEATED FRONT AND HEATED REAR SEATS

OUR PAYMENTS INCLUDE
TAX & FREIGHT!

2014 SANTA FE FWD	2014 SANTA FE AWD
FR \$90 WEEKLY*	FR \$99 WEEKLY*

TUCSON

STANDARD FEATURES INCLUDE:

- AIR CONDITIONING
- EZ LANE CHANGE ASSIST
- BLUETOOTH® HANDS FREE PHONE SYSTEM
- FRONT HEATED SEATS

OUR PAYMENTS INCLUDE
TAX & FREIGHT!

THE 2014 TUCSONS ARE HERE & WE'VE GOT THEM!	ALL NEW 2014 TUCSONS
FR \$68 WEEKLY*	FR \$68 WEEKLY*

1

OR

2

OR

3

OR

4

SNOWTIRES \$500 CASH ACCESSORIES REMOTE START

Purchase any new Hyundai from Steele Hyundai and receive 1 of 4 FREE gifts! **YOUR CHOICE!**

*Weekly payments are \$0 down & include taxes, freight! OAC. Vehicles not be exactly as shown. Offer ends November 30, 2013

3625 Kempt Rd
Halifax, Nova Scotia
Phone: 902.982.3980
www.steelehyundai.com

Steele
HYUNDAI